

Home Care: Where to Find It



Department of Human Services
Bureau of Elder and Adult Services

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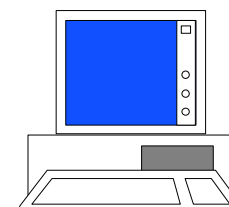


State of Maine

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Governor

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Commissioner
Department of Human Services

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Bureau of Elder and Adult Services



**The Bureau of Elder and Adult Services
Resource Directory and this publication,
Home Care: Where to Find It
are also available on the Internet!**

**Point to:
<http://www.state.me.us/dhs/beas>**

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**Toll Free Nationwide: 1(800)262-2232
Local/Out-of-State TTY: (207)287-9234
Toll Free Statewide TTY: 1(888)720-1925
(TTY Numbers are for Deaf
or Hard of Hearing)**

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INTRODUCTION

You, or a family member may need help to stay at home. There are so many programs that sometimes it is hard to know where to start. This booklet is about services that are available in Maine.

There is government financial help for most of the programs described in this booklet. Many programs ask people to pay part of the cost. You do not have to be low income to qualify for many programs.

What is home care?

Most people prefer to stay at home and get the help or services they need in familiar surroundings. They often rely on family, neighbors, or friends. Sometimes, though, paid help is needed.

Home care services include things like Meals on Wheels, adult day services, nursing care at home, housekeeping services, and relief for caregivers.

For more information about programs in your area, contact your local Area Agency on Aging (see pages 15-18 for a listing), or call the Bureau of Elder and Adult Services at 1-800-262-2232. Persons with hearing loss may call the TTY number at 1-888-720-1925. These are toll free calls.

CHOOSING A HOME CARE AGENCY

These are some questions you might want to ask when arranging for home care services:

- Is your agency registered with or licensed or certified by the State?
- Is your agency bonded or carry liability insurance?
- Does the agency conduct a criminal background check on employees?
- What training does the staff receive?
- Does the agency require the assigned worker to call if he/she is not coming?
- If the assigned worker cannot come, does the agency provide a substitute?
- Who do I call if there is a problem with the worker who comes into my home?
- Can I reach the agency on evenings and weekends?

ADAPTIVE EQUIPMENT

Adaptive equipment is anything that helps someone with a disability to be more independent. Adaptive equipment includes “gadgets” such as telephone amplifiers, talking clocks, large-print books, cooking and eating utensils for one-handed use, self-threading needles, lifts for getting upstairs, long-handled garden tools. Other examples are:

- a lever handle on a door
- a motorized wheelchair
- a roll-in shower
- a wheelchair lift for a business, home, or van
- a computer that reads aloud to a person with a visual impairment
- a text telephone (TTY)
- assistive animals, such as dogs that help people with visual or hearing impairments
- a communication device for a non-verbal person

The Kim D. Wallace Adaptive Equipment Loan Program is a fund that makes low interest, long term loans available to Maine citizens and businesses who need adaptive equipment. For more information, call Alpha One, listed in this booklet, or the Finance Authority of Maine at (207) 623-3263.

ADULT DAY SERVICES

*A place for friendship and activities during the day.
Adult Day Services provide a respite for caregivers.*

Androscoggin County

Auburn Nursing Home Adult Day Program
185 Summer Street
Auburn, ME 04210..... 786-0676

Caring Hands Adult Day Health Services
540 College Street
Lewiston, ME 04240 783-2039

Clover Manor Adult Day Care
440 Minot Avenue
Auburn, ME 04210..... 784-3573

Family Connection Adult Day Services Program
63 Fair Street
Lewiston, ME 04240 784-4787

The Lamp Alzheimer’s Adult Day Care
64 Lisbon Street
Lisbon, ME 04250..... 353-4318

ADULT DAY SERVICES (Cont.)

Aroostook County

Day Break Adult Day Care
59 Bennett Avenue
Caribou, ME 04736 496-4284

DayBreak II
Church Street
Presque Isle, ME 04769 764-3396

Madigan Estates Adult Day Care Program
93 Military Street
Houlton, ME 04730 532-6593

Cumberland County

Barron Center Adult Day Care I & II
1145 Brighton Avenue
Portland, ME 04102 774-2623

Bridgton Health Care Center Adult Day Care
RR 2, Box 754
Bridgton, ME 04009 647-8821

Freeport Nursing Home Adult Day Care
3 East Street
Freeport, ME 04032 865-4713

Gorham House Adult Day Services
50 New Portland Road
Gorham, ME 04038 839-5757

Harbor Adult Day Services Program
27 Forest Falls Drive
Yarmouth, ME 04096 846-0044

Island Commons Adult Day Care
132 Litchfield Road
Chebeague Island, ME 04017 846-4456

Respite Care - Brunswick
320 Church Street
Brunswick, ME 04011 729-8571

Sedgewood Commons Adult Day Care
22 Northbrook Drive
Falmouth, ME 04105 781-5775

St. Joseph's Manor Adult Day Health Care Center
1133 Washington Avenue
Portland, ME 04103 797-0600

South Portland Adult & Respite Care
179 Ridgeland Avenue
South Portland, ME 04106 767-2688

ADULT DAY SERVICES (Cont.)

Tuttle Road Respite Program
52 Tuttle Road
Cumberland Center, ME 04021 829-3766

Hancock County

Ellsworth Respite Center
Meadowview Apartments, #B
Ellsworth, ME 04605 667-5449

Island Nursing Home Adult Day Services
Route 15
Deer Isle, ME 04627 348-2351

Never Dull Adult Day Care
219 Franklin Street
Bucksport, ME 04416 469-3687

Kennebec County

Alzheimer’s Care Center Adult Day Services
154 Dresden Avenue
Gardiner, ME 04345..... 626-1769

William S. Cohen Community Center
Town Farm Road
Hallowell, ME 04347 626-7777

Heritage Manor Adult Day Care Program
Old Lewiston Road
Winthrop, ME 04364..... 377-9965

Mount St. Joseph Adult Day Services
7 Highwood Street
Waterville, ME 04901 873-0705

Muskie Center Adult Day Services
38 Gold Street
Waterville, ME 04901 873-4745

The Twilight Club, Inc.
Route 226
Chelsea, ME 04330 588-0826

Knox County

Windward Gardens Adult Day Care
105 Mechanic Street
Camden, ME 04843..... 236-4197

Lincoln County

Riverside Adult Day Service
51 Schooner Street
Damariscotta, ME 04543..... 563-4200

ADULT DAY SERVICES (Cont.)

Oxford County

Fryeburg Health Care Center ADCP
77 Fairview Drive
Fryeburg, ME 04037-0127..... 935-3351

Victorian Villa Adult Day Care Program
Route 108
Canton, ME 04221 597-2250

Penobscot County

Apple Orchard Senior Day Center
Outer Union Street
Hermon, ME 04401.....848-3209

Care Ridge Adult Day Care Program
Ridge Road
Lee, ME 04455 738-4663

Golden Years Adult Day Break
44 Perkins Avenue
Old Town, ME 04468 827-7294

Mountain Heights Adult Day Services
10 Houlton Road
Patten, ME 04765 528-2200

My Friend’s Place
703 Essex Street
Bangor, ME 04401.....945-9567

Ross Manor Associates Day Health Services
758 Broadway
Bangor, ME 04401 941-8400

Westgate Manor Adult Day Program
750 Union Street
Bangor, ME 04401.....942-7336

Piscataquis County

Bangor Hill Charlotte White Center
572 Route 15
Dover-Foxcroft, ME 04426.....564-8412

Monument Square Charlotte White Center
6 Monument Square
Dover-Foxcroft, ME 04426.....564-0004

Union Square Charlotte White Center
56 Union Square
Dover-Foxcroft, ME 04426.....564-2499

ADULT DAY SERVICES (Cont.)

Rockingham County/New Hampshire

Greater Seacoast Adult Day Services
140 Court Street
Portsmouth, NH 03801..... 430-0070

Sagadahoc County

Plant Memorial Home Elder Day Care
1 Washington Street
Bath, ME 04530 443-2244

Sky-Hy Adult Day Care
32 Sky-Hy Drive
Topsham, ME 04086 725-7577

Somerset County

Maplecrest Rehab & Living Center ADC Program
174 Main Street
Madison, ME 04950..... 696-8225

Waldo County

TallPines Adult Day Program
21 Martin Lane
Belfast, ME 04915..... 338-4117

Waldo County Senior Spectrum ADP
18 Merriam Road
Belfast, ME 04915..... 338-1190

Washington County

Campbell’s Hill Adult Day Care I & II
PO Box 254
Cherryfield, ME 04622..... 546-0990

Hummer Hill Adult Day Care
Route 189
Whiting, ME 04619..... 773-4715

Marshall Adult Day Services Program
High Street Extension
Machias, ME 04654 255-3387

New Horizons Adult Day Care
144 South Street
Calais, ME 04619 454-3709

ADULT DAY SERVICES (Cont.)

The Grace Home Adult Day Services
Willey District Road
Harrington, ME 04643 483-2247

York County

Partners In Caregiving, Inc.
Adult Day Health Services
38 May Street
Biddeford, ME 04005 282-6504

Pavillion Adult Day Services
10 Hillcrest Drive
Sanford, ME 04073 324-4310

Saco River Adult Day Health Center
RR1, Box 964
Waterboro, ME 04087 247-9000

Truslow Adult Day Center
333 Lincoln Street
Saco, ME 04072 283-0166

**ALZHEIMER’S DISEASE AND OTHER
DEMENTIAS**

***Care and Support for People with Alzheimer’s
Disease and Other Dementias***

Although many of the agencies and organizations listed in this booklet are able to serve individuals who have Alzheimer’s or other dementias, you may want to check with the Maine Alzheimer’s Association, for information that can direct you to specialized services. The Association is dedicated to providing information, services and support for persons with Alzheimer’s Disease, their families, and caregivers. By calling or writing the Association at the toll free number or address below, you can request their directory which lists where you can find the following services:

Alzheimer’s Diagnosis and Evaluation, Geriatricians, Elder Law Attorneys, In-Home Respite, Support Groups, Adult Day Services, Home Health Agencies, Residential Care Facilities with Alzheimer’s Units and Nursing Facilities with Alzheimer’s Units.

The Alzheimer’s Association
163 Lancaster Street, Suite 160 B
Portland, ME 04101-2406
1-800-660-2871 / 772-0115 / Fax# 772-0354

ALZHEIMER'S RESPITE/RELIEF FOR CAREGIVERS

If you are caring for an older person and need some time off from your duties, contact your local Area Agency on Aging (see below) or the Bureau of Elder and Adult Services at 1-800-262-2232, 287-9200 or TTY 1-888-720-1925 or an Adult Day Provider listed on pages 4-13.

AREA AGENCIES ON AGING

Wherever you live in Maine, there is an Agency on Aging. Their goal is to assure that older people and their caregivers receive support to maintain their independence and dignity in the community.

Call your local Area Agency on Aging at 1-877-353-3771 (ELDERS1) about:

- Information and Assistance
- Meals on Wheels
- Community Outreach
- Volunteer programs
- Senior Dining Centers
- Recreational Activities
- Caregiver Support

AREA AGENCIES ON AGING (Cont.)

Androscoggin, Franklin and Oxford Counties

SeniorsPlus (formerly: Western Area Agency on Aging)
465 Main Street, PO Box 659
Lewiston, ME 04243-0659..... 1-800-427-1241
795-4010 or TTY 795-7232

Information and assistance, home delivered meals and social dining, nutrition services, help with health insurance counseling and applications to many programs you may need to remain independent, handyman services, grocery shopping, congregate housing, volunteers, caregiver support, friendly visitors, Adult Day Services, Partners in Caring (Alzheimer's help), The Compass (newsletter).

Aroostook County

Aroostook Area Agency on Aging
33 Davis Street, PO Box 1288
Presque Isle, ME 04769 1-800-439-1789
V/TTY 764-3396

e-mail address: www.arostookaging.org

Information and assistance, health insurance counseling, dining centers, Meals on Wheels, affordable apartments and special help, Adult Day Care, volunteer opportunities, Partners in Caring (Alzheimer's help), eldercare services, caregiver support, no interest loans for dental and eyeglass needs, home repair, Northernaire (newsletter).

AREA AGENCIES ON AGING (Cont.)

Cumberland and York Counties

Southern Maine Agency on Aging
307 Cumberland Avenue, P.O. Box 10480
Portland, ME 04104.....V/TTY 1-800-427-7411
V/TTY 775-6503

Information and assistance, home delivered meals and social dining, nutrition services, Senior Solutions, Adult Day Care, supportive housing, outreach and advocacy services, health insurance counseling, legal services referral, caregiver support, Child Care Connections, Retired Senior Volunteer Program, Money Minders, Mr. Fix It, Senior News (newsletter).

Hancock, Penobscot, Piscataquis and Washington Counties

Eastern Agency on Aging
450 Essex Street
Bangor, ME 04401-9810.....V/TTY 1-800-432-7812
V/TTY 941-2865

Information and assistance, community services, Meals for ME (community dining and home-delivered meals), caregiver support, Senior Solutions, (help choosing the right services), residential services, Partners in Caring (Alzheimer's help), Senior Companions (friendly visits and help), legal services, Adult Day Services, health insurance counseling, "Phone Friends", Life Times (newsletter).

Knox, Lincoln, Waldo, Somerset, Sagadahoc and Kennebec Counties, Brunswick and Harpswell

Senior Spectrum
One Weston Court, PO Box 2589
Augusta, ME 04338-2589 622-9212
1-800-639-1553
TTY 1-800-464-8703

Customer service hotline (1-800-639-1553), health insurance counseling, senior companions, six community wellness centers, caregiver support, Meals on Wheels and social dining, Adult Day services, Partners in Caring (Alzheimer's help), Mature Lifestyle Expo, Spectrum Viewpoint (newsletter).

Note: All the Area Agencies on Aging have Senior Community Service Employment Program (SCSEP) positions.

BUREAU OF FAMILY INDEPENDENCE (BFI)

The Bureau of Family Independence is part of the Department of Human Services. They determine financial eligibility for various programs. They also have a number of booklets that are helpful for consumers. For example, if a spouse or family member may need long term care services, **Pamphlet 1** answers questions about financial eligibility for nursing home

care in Maine. **Pamphlet 2** gives important information you need to know about giving away or transferring assets. **Pamphlet 3** explains financial rules for receiving help from Medicaid while in a nursing home. **Pamphlet 4** is about getting help from Medicaid for nursing care services in your home. This pamphlet discusses income and asset rules for getting these services. If you would like a copy of any of these pamphlets or more information on financial eligibility, call the BFI office nearest you.

Portland.....	822-2071	1-800-482-7520
	Fax 822-2162	TTY 822-2293
Sanford.....	490-5418	1-800-482-0790
	Fax 490-5463	TTY 490-5466
Biddeford	286-2430	1-800-322-1919
	Fax 286-2408	TTY 286-2402
Lewiston	795-4394	1-800-482-7517
	Fax 795-4444	TTY 795-4595
South Paris.....	744-1250	1-888-593-9775
	Fax 743-8735	TTY 744-1224
Farmington.....	778-8223	1-800-442-6382
	Fax 778-8210	TTY 778-8239

Augusta.....	624-8200	1-800-452-1926
	Fax 624-8074	TTY 624-8004
Rockland.....	596-4217	1-800-432-7802
	Fax 596-4235	TTY 596-4201
Skowhegan.....	474-4848	1-800-452-4602
	Fax 474-4888	TTY 474-4891
Bangor.....	561-4333	1-800-432-7825
	Fax 561-4122	TTY 561-4403
Ellsworth.....	667-1656	1-800-432-7823
	Fax 667-5364	TTY 667-1639
Machias.....	255-2027	1-800-432-7846
	Fax 255-2022	TTY 255-6866
Calais	454-9020	1-800-622-1400
	Fax 454-9012	TTY 454-3415
Houlton	532-5055	1-800-432-7338
	Fax 532-7995	TTY 532-5001
Caribou	493-4050	1-800-432-7366
	Fax 493-4001	TTY 493-4034
Fort Kent.....	834-7770	1-800-432-7340
	Fax 834-7701	TTY 834-7702

CHOICE LETTER

If you are assessed (see Long-term Care Assessment on page 68) for medical eligibility for certain long-term care programs by a nurse from the assessing agency, you will be asked to sign a “Choice Letter.” If you choose to receive care in your home, for example, rather than in a nursing home, you would select that choice and sign the “Choice Letter.” Your signature means that services can start as soon as possible. An agency cannot start providing you with help until you sign the Choice Letter.

CHORE SERVICES

Chore services are intended to help consumers with occasional heavy cleaning, lawn mowing, snow shoveling, trash removal, repairs and similar tasks to eliminate safety hazards in the home setting. These services are available through the BEAS Homemaker Program. The Area Agencies on Aging may also be able to provide this type of help (see pages 15-18).

COMMUNITY OPTIONS

Community Options is part of the Bureau of Elder and Adult Services at 442 Civic Center Drive, Augusta, ME 04333. If you have been staying in a nursing home or hospital and want help to go back home or to another setting you may call 1-800-262-2232.

If you are living at home, but find that you need some help, you also may call Community Options for information.

COST SHARING

Cost sharing is also called co-pay. If you are receiving services under certain programs, you will be asked to pay part of the cost. The amount that you might be expected to pay depends on your financial circumstances.

ELDER INDEPENDENCE OF MAINE (EIM)

Elder Independence of Maine (EIM) is a part of the SeniorsPlus Area Agency on Aging. EIM is the home care coordination agency for Maine. EIM receives assessments done by nurses from Goold Health Systems, sets up the services and sees that the care matches the person's needs and is properly provided. If you are receiving care now and have questions, you may call weekdays between 8 a.m. and 5 p.m.. You can leave messages in the evening and on weekends.

Telephone (toll free)..... 1-888-234-3920
TTY 795-7232
Lewiston/Auburn area (local call) 795-7213

Mailing Address:
Elder Independence of Maine
PO Box 659
Lewiston, Maine 04240

Telephone (toll free).....1-866-456-2322
Bangor area (local call).....990-1581

Mailing Address:
Elder Independence of Maine
81 Main Street
Bangor, ME 04401

EMERGENCY RESPONSE SYSTEMS

*For emergency help when you are alone
and cannot get to the phone.*

Androscoggin County

A personal emergency response system (ERS) is an electronic device which helps people in an emergency. The system is connected to a person's phone and programmed to signal a response center once a "HELP" button is activated. ERS services are used mostly by people who live alone.

St. Mary's Hospital Medical Center
Campus Avenue
Lewiston, ME 04240 777-8827

Aroostook County

Presque Isle Home Care
162 Academy Street
Presque Isle, ME 04793-3198 764-0145

EMERGENCY RESPONSE SYSTEMS (Cont.)

Cumberland County

Black Bear Medical
1374 Congress Street
Portland, ME 04102 871-0008

Chickadee Pines Enterprises
113 Ash Swamp Road
Scarborough, ME 04074 885-5167

Brighton Medical Center
335 Brighton Avenue
Portland, ME 04102 871-0008

Community Health Services
901 Washington Avenue
Portland, ME 04103 775-7231

Interim HealthCare
10 Atlantic Place
South Portland, ME 04016 775-3366

Mercy Hospital
144 State Street
Portland, ME 04101 879-3205

WAM Alarms
RR2 Box 241C
Bridgton, ME 04009 647-2323

Mid-Coast Hospital Lifeline
58 Baribeu Drive
Brunswick, ME 04011 725-4700

Franklin County

Franklin Memorial Hospital-Lifeline/Lifestar Program
1 Hospital Drive
Farmington, ME 04938 (Lifeline)779-2555
(Lifestar)779-2401

Hancock County

Blue Hill Memorial Hospital Medic Alert
PO Box 542
Blue Hill, ME 04614 374-5172
974-5418

Maine Coast Memorial Lifeline
50 Union Street
Ellsworth, ME 04605 667-5311 Ext. 310

Mt. Desert Island Hospital Lifeline
PO Box 8
Bar Harbor, ME 04609 288-5081

EMERGENCY RESPONSE SYSTEMS (Cont.)

Kennebec County

At Home Care
225 Western Avenue
Augusta, ME 04330 1-800-339-5052

Kennebec Professional Pharmacy
Leighton Road
Augusta, ME 04330 623-9485

MaineGeneral Medical Center
North Street
Waterville, ME 04901 872-1040

Senior Spectrum
One Weston Court
Augusta, ME 04338-2589.....622-9212

Knox County

Seacoast Security & Telephone, Inc. (Statewide)
Box A
West Rockport, ME 04865..... 1-800-432-1795
432-1795

Oxford County

Pioneer Medical Systems
32 High Street
Buckfield, ME 04220 336-2451

Rumford Community Hospital
420 Franklin Street
Rumford, ME 04276..... 364-4581

Stephens Memorial Hospital
80 Main Street
Norway, ME 04268 743-5933

Penobscot County

Apria HealthCare
100 Dowd Road
Bangor, ME 04401 942-5579

Eastern Maine Medical Center
489 State Street
Bangor, ME 04401 973-8570

Pioneer Medical Systems
37 Washington Street
Bangor, ME 04401 (617)662-2227

EMERGENCY RESPONSE SYSTEMS (Cont.)

Ross Care Lifeline
Eastern Maine Medical Center
489 State Street, PO Box 404
Bangor, ME 04401 973-7080

St. Joseph Hospital
360 Broadway
Bangor, ME 04401 947-8311

Piscataquis County

Lifeline - Mayo Regional Hospital
75 West Main Street
Dover-Foxcroft, ME 04426..... 564-8401

Somerset County

Sebasticook Valley Hospital Lifeline
Grove Street
Pittsfield, ME 04967 487-5141

Waldo County

Waldo County Home Health
119 Northport Avenue
Belfast, ME 04915 338-2268

York County

Caring Calls
PO Box 5071
Biddeford, ME 04007 282-7225

Henrietta D. Goodall Hospital
25 June Street
Sanford, ME 04073 324-4310

Maine Emergency Response
PO Box 325
Eliot, ME 03903 1-800-888-0338

Southern Maine Medical Center
1 Medical Center Drive
Biddeford, ME 04005 283-7000

York Hospital
15 Hospital Drive
York, ME 03909 363-4321

New Hampshire

Colonial Medical Alert
14 Celina Avenue
Nashua, NH 03063 (603)881-8351

ESTATE RECOVERY

The Medicaid Estate Recovery law means that the State has a claim against the estates of certain Medicaid recipients at the time of their death.

If you have questions about this law, or how it affects you, call the Estate Recovery Unit at 1-800-572-3839. Seek professional assistance, such as an attorney specializing in elder law, when deciding how to handle estate planning.

FINANCIAL ELIGIBILITY FOR MEDICAID

For information about financial eligibility, contact the Department of Human Services regional office nearest you. Offices are located in Portland, Biddeford, Sanford, Lewiston, Farmington, Augusta, Rockland, Skowhegan, Bangor, Calais, Fort Kent, Ellsworth, Caribou, Houlton and Machias (see pages 19-20).

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)

A Memory Evaluation is a medical and social services evaluation for people with dementia and for their families. A physician and a social worker conduct the evaluation. They can determine what type of dementia a person has, and advise caregivers. For more information, contact:

Bangor

Alzheimer's and Memory Center
Eastern Neurology Associates 947-0558

Community Health & Counseling Services 947-0366

Rosscare The Center for Healthy Aging.....973-7094

Biddeford

University of New England
Division on Aging 1-800-930-2437
.....283-4882

Caribou

Memory Clinic, Cary Medical Center..... 498-1394

**GERIATRIC EVALUATION CENTERS
(MEMORY CLINICS) (Cont.)**

Gardiner

Alzheimer's Care Center, Gardiner 626-1770

Scarborough

The Maine Medical Center Geriatric Center...885-7591
Toll Free.....1-800-540-1918

GOOLD HEALTH SYSTEMS

Goold Health Systems, Inc. is the agency designated to conduct State of Maine Long-term Care Assessments. Goold employs registered nurses throughout the state who come to where you are to assess your needs. The assessment is free, required for people entering nursing homes, and is available to anyone who wants to know what services are available and affordable. You may call weekdays between 8 a.m. and 5 p.m. to schedule an assessment. When calling evenings and weekends leave the name of the person requesting the assessment and the county of residence. A nurse will return the call on the following work day.

Local/Out-of-State 207-621-1346
Telephone (toll free) 1-800-609-7893
TTY 1-888-720-1925

Mailing Address:
Goold Health Systems
5 Community Drive
P.O. Box 508
Augusta, Maine 04332

HOME HEALTH AGENCIES

Nurses and other professionals (Physical Therapists, Occupational Therapists, Speech Therapists, Social Workers and Home Health Aides) who come to your home to assist you with your health needs.

*Agencies listed in this section noted by an asterisk are licensed but do not take Medicare payment. All others accept Medicare and Medicaid payments.

NOTE: MANY AGENCIES SERVE MORE THAN ONE COUNTY.

Androscoggin County

Androscoggin HomeCare and Hospice
P.O. Box 819
Lewiston, ME 04240 777-7740
1-800-482-7412

Clover Home Health, Inc.
477 Minot Avenue
Auburn, ME 04210 777-7166

Gentiva Health Services
475 Pleasant Street, 2nd Floor
Lewiston, ME 04240 782-5767
1-800-395-2541

Aroostook County

Aroostook Occupational Therapy
P.O. Box 386
Caribou, ME 04736 498-2663

Madigan Home Health Care, Inc.
10 Lee Court, 93 Military Street
Houlton, ME 04730 532-7480

Presque Isle Home Care
4 Dewberry Drive
Presque Isle, ME 04769 764-7322

Professional Home Nursing, Inc.
7 Hatch Drive, PO Box 180
Caribou, ME 04736 498-3915

Branch Office:

96 Market Square
Fort Kent, Maine 04743 834-3798

Valley Home Health Services
163 East Main Street
Madawaska, ME 04756 728-4654

HOME HEALTH AGENCIES (Cont.)

Visiting Nurses of Aroostook
PO Box 688

Caribou, ME 04736.....1-800-439-1685

Branch Offices:

12 Kelleran Street
Houlton, Maine 04730..... 532-9261

143 East Main Street
Fort Kent, Maine 04743 834-3918

642 Main Street
Presque Isle, Maine 04769 764-5762

385 East Main Street
Madawaska, Maine 04756..... 728-6932

Cumberland County

Admiral Home Care Services, Inc.
778 Main Street, Suite 1
South Portland, ME 04106.....1-800-828-1591
828-1591

Androscoggin HomeCare and Hospice
48A Main Street
Bridgton, Maine 04009 647-9689
1-800-847-0008

*Apria Healthcare
14 Yarmouth Conjunction
Yarmouth, ME 04096.....846-8543

Atlantic Home Health
14 Maine Avenue, Suite 300
Brunswick, ME 04011..... 798-5953

Community Health and Nursing Services
50 Baribeau Drive
Brunswick, ME 04011..... 729-6782

Community Health Services, Inc.
901 Washington Avenue, Suite 104
Portland, ME 04103-2799 775-7231

Branch Offices:

Hospital Drive
Bridgton, Maine 04009..... 775-7231
1-800-479-4331

676 Roosevelt Trail
Windham, Maine 04062 775-7231
893-1500

*Critical Care Sysems
10 Donald B. Dean Drive
South Portland, ME 04106.....775-3600

Gentiva Health Services
105 Main Street
South Portland, ME 04106.....742-2624

HOME HEALTH AGENCIES (Cont.)

**Personal Health Services*
Foreside Place
202 US Route 1
Falmouth, ME 04105.....781-5515

Sandy River Home Resources
395A Bridgton Road
Westbrook, ME 04092.....878-5423

**Tech Med I.V., Inc.*
400 Riverside Street
Portland, ME 04103.....797-4766

Viking Home Health Services
991 Forest Avenue, Suite 203
Portland, ME 04103.....878-4500

VNA Home Health Care
50 Foden Road
South Portland, ME 04106.....780-8624

Franklin County

Androscoggin HomeCare and Hospice
75 Allen Street
Wilton, Maine 04294645-5334

Gentiva Health Services
648 Wilton Road
Farmington, ME 04938778-5966

Hancock County

Downeast Health Services
Christian Ridge Road, P.O. Box 1087
Ellsworth, ME 04605-1087.....667-5304
.....1-800-492-5550

Hancock County HomeCare
Water Street, Box 156
Blue Hill, ME 04614374-9993

Branch Office:
93 Cottage Street
Bar Harbor, Maine 04609288-5584

Kennebec County

Bridges
One Weston Court, P.O. Box 2589
Augusta, ME 04338-2589.....623-0761

Care and Comfort
105 Kennedy Memorial Drive
Waterville, ME 04901872-5300
1-800-366-5302

HOME HEALTH AGENCIES (Cont.)

HealthReach HomeCare
212 Main Street, PO Box 829
Waterville, ME 04903-0829 873-6880
873-1127

Branch Office:

32 Winthrop Street
Augusta, Maine 04330 626-3435

Home Choice Health Care, Inc.
35 Elm Street
Waterville, ME 04901 495-2115

Inland HomeCare
200 Kennedy Memorial Drive
Waterville, ME 04901 861-3120
TTY 872-2211

Johnna Bowen
1604 Benton Avenue
Benton, ME 04901 453-4719

Tebolt & Bolduc, Inc.
40 Airport Road
Waterville, ME 873-3742

Knox County

*Ask....For Home Care
641 St. George Road
P.O. Box 389
South Thomaston, ME 04858-0389 594-8418

Kno-Wal-Lin Home Health Care, Inc.
170 Pleasant Street
Rockland, ME 04841 594-9561

Kno-Wal-Lin Home Health Care, Inc.
605 Route 1, Suite 2
Newcastle, ME 04553 563-5119
1-800-486-5229

Miles Home Health
Business Route 1, RR #2, Box 4500
Damariscotta, ME 04543-8903 563-8160

St. Andrews Home Health Agency
3 St. Andrews Lane
Boothbay Harbor, ME 04538 633-2121

HOME HEALTH AGENCIES (Cont.)

Oxford County

Androscoggin HomeCare and Hospice
Pottle Road
Oxford, Maine 04270 743-9285

Branch Office:

Abbott Farm Road
Rumford, Maine 04276 364-2728

Stephens Memorial Home Care
181 Main Street
Norway, ME 04268 743-5933

Penobscot County

Bangor Area Visiting Nurses, Inc.
885 Union Street, Suite 220
Bangor, ME 04401 973-6550

Community Health and Counseling Services
42 Cedar Street, PO Box 425
Bangor, ME 04402-0425 947-0366

Branch Offices:

Enfield Road, PO Box 208
Lincoln, ME 04457 794-2001
180 Congress Street
Millinocket, Maine 04462 723-9739

14 Summer Street
Dover-Foxcroft, ME 04426 564-2267

415 Water Street
Ellsworth, ME 04605 667-3626

Route 1, RR2, Box 339A
Machias, ME 04654 255-8311

2 Barker Street
Calais, ME 04619 454-2914

Gentiva Health Services
1 Cumberland Place, Suite 316
Bangor, ME 04401 990-9000
1-800-564-8511

Home Health and Hospice of St. Joseph
St. Joseph Healthcare Park, 900 Broadway
Bangor, ME 04401-1902 262-1810

HOME HEALTH AGENCIES (Cont.)

New Hope Hospice, Inc.
1344 Main Road, PO Box 757
Holden, ME 04439-0757..... 843-7521

Somerset County

SVH Care At Home
49 Main Street
Pittsfield, ME 04967 487-3726
1-800-293-6303

Waldo County

Kno-Wal-Lin Home Health Care, Inc.
Wentworth Building
147 Waldo Avenue, Suite 106
Belfast, ME 04915 338-2206
1-800-734-4442

Waldo County Home Health Care Services
119 Northport Avenue, PO Box 407
Belfast, ME 04915-0407 338-2268
338-2500 Ext. 157

Washington County

Calais Regional Hospital Home Health Agency
50 Franklin Street
Calais, Maine 04619..... 454-7521

Community Health and Counseling Services
Route 1, RR1 Box 339A
Machias, Maine 04654 255-8311
Branch Office:
2 Barker Street
Calais, Maine 04619 454-2914

Home Resources of Maine
51 Court Street, Unit 7
Machias, Maine 04654 255-4551
1-800-639-4177

Sunrise County Home Care Services, Inc.
11 Broadway
P.O. Box 920
Machias, ME 04654..... 255-2811

Branch Office:
RR2, Box 380
Lubec, ME 04652..... 733-7500

Route #1
Baring, ME 04694..... 454-2811

LONG-TERM CARE COMMUNITY PROGRAMS				
PROGRAM	SERVICES		HOW TO QUALIFY	CO-PAY?
Medicare Home Health	Nursing, Therapy, Social Work		Homebound, nursing need, 65+ or disabled, doctor's order	No
Medicaid Home Health	Nursing, Therapy, Social Work		Financially eligible; meet medical requirements; doctor's order	\$5 month
Medicaid Private Duty Nursing/Personal Care Svcs.	Nursing, Housekeeping, and Personal care		Financially eligible; meet medical requirements	\$5 month
Medicaid Adult Day Health	Exercise, Health Monitoring, Socialization		Financially eligible; meet medical requirements	\$5 month
Medicaid: Consumer-Directed Attendant Services	Personal Care Services, Skills Training		Financially eligible; need help with daily activities; able to direct own care	\$5 month
Medicaid Home Care Waiver: Consumer-directed	Skills training, Personal Care		Financially eligible; age 18+; must be nursing home medically eligible; able to direct own care	Yes, based on income
Medicaid Home Care Waiver: Elderly and Adults with Disabilities	Personal Care, Homemaking, Nursing, Therapy, Care Coordination		Financially eligible; 65+ or 60-64 if disabled; must be nursing home medically eligible	Yes, based on income
Home Based Care: Consumer-directed	Personal Assistance Services, Skills Training		Age 18+; need help with daily activities; able to direct own care	4% of monthly income; 3% of assets over \$30,000
Home Based Care: Elders and Other Adults	Personal Care, Homemaking, Nursing, Therapy, Care Coordination		Age 18+; need help with daily activities	4% monthly income; 3% of assets over \$15,000
Homemaker	Homemaking, chores, grocery shopping, laundry, transportation, some personal care		Age 18+; need help with daily activities; financially eligible	20% of cost of services
Alzheimer's Respite	In-home respite, institutional respite, adult day care		Diagnosis of dementia; caregiver needs respite; financially eligible	20% of cost of services
Adult Day Care	Socialization, exercise		Need help with daily activities; financially eligible	20% of cost of services

HOME HEALTH AGENCIES (Cont.)

York County

Anytime Services for Seniors
Moderation Street
West Buxton, ME 04093-0568.....1-800-782-1474

Visiting Nurse Service
15 Industrial Park Road, RFD #1, Box 15A
Saco, ME 04072284-4566
1-800-482-0971

Branch Office:

42 Brickyard Court
York, ME 03909363-7632
1-800-287-7632

York Hospital Home Care
15 Hospital Drive
York, ME 03909.....363-4321

Southern Maine Health & Home Care Services
Route 1 South, P.O. Box 193
Kennebunk, ME 04043-0193.....985-4765
1-800-794-3546

branch:
487 Alfred Street
Biddeford, ME 04005.....283-7446

HOMEMAKER/HOME CARE AGENCIES

Androscoggin County

Gentiva Health Services/Private Duty
475 Pleasant Street, 2nd Floor
Lewiston, Maine 04240782-5767
1-800-640-8100

branch office:

105 Main Street
South Portland, ME 04106.....742-2624

Schooner Home Health Care
200 Stetson Road
Auburn, Maine 04210.....784-2900

Aroostook County

Aroostook Home Health Services
22 Birdseye Avenue, PO Box 938
Caribou, Maine 04736.....492-8290

Branch Offices:

345 Market Street
Fort Kent Mills, Maine 04743834-2990
52 North Street
Presque Isle, Maine 04769764-7008
10 Market Square
Houlton, Maine 04730.....532-9971

HOMEMAKER/HOME CARE AGENCIES (Cont.)

Northern Maine Speech/Language Pathology
Services, Inc.
4 Blake Street, PO Box 308
Presque Isle, Maine 04769-0308 764-4498

Presque Isle Home Care
162 Academy Street
Presque Isle, Maine 04769-3198 764-0145

Seniors/Domestics Home Care
520 Main Street, PO Box 1771
Presque Isle, Maine 04769-1771 764-5232

Cumberland County

Apria HealthCare
14 Yarmouth Junction
Yarmouth, Maine 04096 846-8543
1-800-698-0508

branch:
100 Dowd Road
Bangor, ME 04401.....942-5579
1-800-696-4734

Critical Care Systems
10 Donald B. Bean Drive
South Portland, Maine 04106.....775-3600

Diamond Health Care Services, Inc.
395A Bridgton Road
Westbrook, Maine 04092693-3960

New England Life Care
108A Industrial Way
Portland, ME 04103.....854-1233
1-800-439-7969

branch:
287 Main Street
Lewiston, ME 04240.....795-2092

885 Union Street
Bangor, ME 04401.....990-3121

Personal Health Services
Forside Place, 202 US Route 1
Falmouth, Maine 04105.....781-5515

HOMEMAKER/HOME CARE AGENCIES (Cont.)

Tech Med I.V., Inc.
400 Riverside Street
Portland, Maine 04103 797-4766

Branch:
70 Bangor Street
Houlton, ME 04730.....532-4969

78 State Street
Bangor, ME 04401.....942-2299

Viking Home Health Services
991 Forest Avenue, Suite 203
Portland, Maine 04103 878-4500

Franklin County

Gentiva Health Services
648 Wilton Road
Farmington,ME 04938.....778-5966

Hancock County

Downeast Health Services
Christian Ridge Road, PO Box 1087
Ellsworth, Maine 04605-1087667-5304
1-800-492-5550

branch:
71 Court Street
Machias, ME 04654.....255-8280

37 Union Street
Calais, ME 04619.....454-3534

Mount Desert Nursing Association
Summit Road, PO Box 397
Northeast Harbor, Maine 04662.....276-5184

Kennebec County

Assistance Plus
1604 Benton Avenue
Benton, Maine 04901453-4719

Branches:
RR#5, Box 5437
Belfast, ME 04915.....338-9064

121 Broadway Street, Suite 1
Farmington, ME 04938.....336-3295

HOMEMAKER/HOME CARE AGENCIES (Cont.)

Bridges Home Health Division
One Weston Court, PO Box 2589
Augusta, Maine 04338-2589..... 623-0761
1-800-876-9212

Home Resources of Maine
211 Maine Avenue
Farmingdale
P.O. Box 358
Gardiner, ME 04345.....582-8001
1-800-639-3084

Tebolt & Bolduc, Inc.
40 Airport Road
Waterville, Maine 04901..... 873-3742

Knox County

*Ask....For Home Care
641 St. George Road, P.O. Box 389
South Thomaston, ME 04841-0886..... 594-8418

Kno-Wal-Lin Help at Home
170 Pleasant Street
Rockland, Maine 04841594-9561

Branch:
605 Route 1, Suite 2
Newcastle, Maine 04553563-5119
1-800-486-5229

The Wentworth Building
147 Waldo Avenue, Suite 106
Belfast, ME 04915.....338-2002

Penobscot County

Gentiva Health Services/Private Duty
1 Cumberland Place, Suite 316
Bangor, Maine 04401990-9000
1-800-564-8511

New England Home Health Care
412 State Street, PO Box 722
Bangor, Maine 04402-0722.....945-3374

York County

Accent On Family Home Care
RR#1, Box 964

Waterboro, Maine 04087 247-9000

HOMEMAKER/HOME CARE AGENCIES (Cont.)

Anytime Services for Seniors
Moderation Street, PO Box 568
West Buxton, Maine 04093-0568 1-800-782-1474

Arcadia Health Care
312 Cottage Street Extension
Rte 202Deer Ridge Park
Sanford, Maine 04073 324-3400

York Hospital Discharge Visit Program
15 Hospital Drive
York, Maine 03909 363-4321

New Hampshire

New England Speech Services
745 Central Avenue
Dover, NH 03820 603-749-2446

Branch Office:
64 Alfred Street, Suite 305
Biddeford, ME 04005
284-1019

Portsmouth Derry/Salem Home Health & Hospice Svcs.
95 Albany Street, Unit #11
Portsmouth, NH 03801 603-436-0815

Rochester Rural District Visiting Nurse Association, Inc.
89 Charles Street
Rochester, NH 03867 603-332-1133

Staff Builders, Inc.
1361 Elm Street
Manchester, NH 03101 603-645-9422

Wentworth-Douglass Homecare & Hospice
113 New Rochester Road, Suite #4
Dover, NH 03820-8805 603-742-7921

HOSPICE SERVICES

Androscoggin County

Androscoggin Home Care and Hospice
15 Strawberry Avenue, PO Box 819
Lewiston, ME 04243-0819 1-800-482-7412
777-7740

Aroostook County

Hospice of Aroostook
Route 89 (Access Highway), PO Box 688
Caribou, ME 04736 498-2578

Cumberland County

CHS Hospice
901 Washington Avenue, Suite 104
Portland, ME 04103-2797 1-800-479-4331
775-7231

Community Health and Nursing Services - Hospice Care
50 Baribeau Drive
Brunswick, ME 04401 729-6782

VNA Home Health Care
50 Foden Road
South Portland, ME 04106 1-800-757-3326
780-8624

Hancock County

Hancock County HomeCare Hospice
Water Street, PO Box 156
Blue Hill, ME 04614-0156 374-5510

Kennebec County

HealthReach Hospice
8 Highwood Street, PO Box 0829
Waterville, ME 04903-1568 873-1127
626-3430

Knox County

Kno-Wal-Lin Coastal Family Hospice
170 Pleasant Street
Rockland, ME 04841 1-800-540-9561
594-9561

HOSPICE SERVICES (Cont.)

Miles Home Health Hospice Division
GTE Building, Route 1
RR #2, Box 4500
Damariscotta, ME 04543-8903 563-8160

Penobscot County

Community Health and Counseling Services
42 Cedar Street, PO Box 425
Bangor, ME 04402-0425 1-800-924-0366
947-0366

Home Health and Hospice of St. Joseph
St. Joseph Healthcare Park, 900 Broadway
Bangor, ME 04401-1902 1-800-646-5000
262-1810

Hospice of Eastern Maine
Eastern Maine Healthcare Mall
885 Union Street, Suite 250
Bangor, ME 04402 1-800-350-8269
973-8269

New Hope Hospice, Inc.
1344 Main Road, P.O. Box 757
Holden, ME 04429-0757 843-7521

Waldo County

Waldo County Home Health Care Services
Medical Hospice Program
119 Northport Avenue, PO Box 407
Belfast, ME 04915 338-2500

York County

Visiting Nurse Services
15 Industrial Park Road
Saco, ME 04072 1-800-660-4867
284-4566

Southern Maine Health and Homecare Services
Route #1 South, PO Box 739
Kennebunk, ME 04043 1-800-794-3546
985-4767

HOSPICE SERVICES (Cont.)

New Hampshire

Portsmouth Derry/Salem Home Health & Hospice Services
95 Albany Street, Unit 11
Portsmouth, NH 03801.....603-436-0815

Rochester Visiting Nurse Association
89 Charles Street
Rochester, NH 03867-3414.....603-332-1133

Wentworth-Douglass Homecare and Hospice
113 New Rochester Road
Dover, NH 03820-8805.....603-742-7921

INDEPENDENT LIVING ASSESSMENT

Independent Living Assessments (ILA) are conducted to determine what is needed to make it possible for a person with disabilities to live independently. The outcome of the assessment may result in a plan of services or referral to appropriate resources. To arrange for an assessment, call Alpha One or Maine Independent Living Services (see below). There is a charge for the assessment which may be covered by any one of several programs, for one of which you may be eligible.

INDEPENDENT LIVING SERVICES

Independent living centers provide a wide range of services for adults of all ages with disabilities. For more information about what is available, contact:

Alpha One
Augusta V/TTY 1-800-499-2357
Brewer V/TTY 1-800-300-6016
Presque Isle V/TTY 1-800-974-6466
South Portland V/TTY 1-800-640-7200

Maine Consumer Information and Technology Training Exchange (CITE) has information about policies, programs and funding resources.

Augusta V/TTY 207-621-3195

Technical Exploration Center of United Cerebral Palsy of Northern Maine has information and samples of high and low tech assistance devices for people to try out.

Bangor V/TTY 207-941-2952

Department of Labor

Bureau of Rehabilitation Services 207-624-5950

Toll Free V/TTY 1-800-698-4440

Local/Out-of-state TTY 207-624-5955

INFORMATION AND OUTREACH SERVICES
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Area Agency on Aging staff make home visits and help people complete applications for programs such as Food Stamps, SSI, Low-cost Drug Cards, Tax and Rent Refunds and help paying Medicare premiums. Telephone staff answer questions about home care, transportation, health insurance, Meals on Wheels/Nutrition, government programs, legal services, housing and financial assistance. For more information, contact your local Area Agency on Aging. See pages 15-18 for addresses and phone numbers.

The Bureau of Elder and Adult Services, 287-9200, 1-800-262-2232, or TTY 1-888-720-1925 also publishes the Resource Directory for Older People in Maine and Aging: Taking Care of Business, and has pamphlets on topics such as Alzheimer's disease, Medicare, Medicare Supplemental Insurance (Medigap), living wills, powers of attorney and guardianship. These pamphlets are mailed to callers at no charge.

LEGAL SERVICES FOR THE ELDERLY

Legal Services for the Elderly (LSE) provides free legal services state-wide to people age 60 and older. They operate **Advocates for Medicare Patients** and provide a hot line. For more information call 1-800-750-5353.

LIVING WILLS (ADVANCE DIRECTIVES)

Living Wills are also called “Advance Directives.” They are written instructions that explain your wishes regarding health care, should you have a terminal condition. They are called “living” wills, because they take effect while the person is still alive. The other type of Advance Directive is a “Durable Power of Attorney.” A Durable Power of Attorney lets you name a person to make decisions for you if you become unable to do so. Contact the Bureau of Elder and Adult Services at 1-800-262-2232, or 287-9200 or TTY 1-888-720-1925, for pamphlets on these topics, and for forms.

LONG-TERM CARE ASSESSMENT

The State of Maine Long-term Care Assessment is for anyone who wants to know what services are available and affordable. There is no charge, and the assessment is private. The assessment is done in your home, in the hospital, or nursing home by a Registered Nurse. The nurse uses a form called the “MED” (Medical Eligibility Determination form). The nurse will ask about the kinds of tasks you can do by yourself, what kinds of help you need, whether you have friends and family members or neighbors who can help you, what your income is, and other questions. For more information, or to request a free assessment to help you with planning for your future care needs, call Goold Health Systems at 1-800-609-7893. The free assessment is available throughout the state and is required for anyone entering a nursing home.

LONG-TERM CARE OMBUDSMAN (LTCOP)

Using paid staff and volunteers, the Ombudsman program investigates complaints about nursing homes, boarding homes, and home care services in Maine. Your call will be confidential. For more information, call 621-1079, or toll free and TTY at 1-800-499-0229.

LOW COST DRUG PROGRAM

Maine's Low Cost Drug Program assists with the cost of prescription medications for people whose income is no more than 185% of the federal poverty level who are (1) age 62 or older or (2) adults who are age 19 or older and are medically qualified for Social Security Disability Income (SSDI). If you spend more than 40% of your income on prescription drugs, the income level increases.

The program has two parts, **Basic** and **Supplemental**.

Under **Basic**, the State pays 80% of the cost of the medications to treat the following chronic conditions: heart disease, diabetes, high blood pressure, chronic lung disease (including emphysema and asthma), arthritis, anticoagulation, hyperlipidemia (high cholesterol), incontinence, thyroid disease, osteoporosis (bone density loss), Parkinson's disease, glaucoma, multiple sclerosis and ALS (Lou Gehrig's Disease). **Basic** also pays 80% of the cost of all generic drugs.

Supplemental includes all other drugs not included in **Basic**. For these drugs, program participants pay \$2.00 less than the Medicaid rate, still providing savings when compared to the retail price.

All drugs covered by this program must be medically necessary and supplied by participating manufacturers.

To be sure your coverage does not lapse, file your renewal application at least 2 months before the expiration date on your current card.

After you have spent \$1,000 for your prescription drugs, the State will then pay 80% of the cost of all your medically necessary prescription drugs supplied by participating manufacturers.

To request an application or for more information call:

Toll free.....1-888-600-2466

TTY 207-622-3210

**Or contact your Local Area Agency on Aging
(see pages A1-A2).**

Maine Revenue Services processes the applications and can answer eligibility and financial questions Local/Out-of-State

207-626-8474

TTY 207-287-4477

Bureau of Medical Services can provide information about medications covered in the programs.....

207-287-1818

Toll free.....1-800-321-5557

TTY 1-800-423-4331 **OR** 207-287-1828

MED: MEDICAL ELIGIBILITY DETERMINATION

The MED is a form used throughout Maine to assess medical eligibility for long-term care services. The letters M-E-D stand for Medical Eligibility Determination. If you wish to receive certain services, you need to qualify. The MED will show whether you are medically qualified or not.

Financial eligibility is determined separately. The MED is completed by a nurse and looks at a person's abilities and limitations. Through the assessment, people learn what some of their care options are. The MED also allows people to plan for services they may need in the future.

MEDICAID

Medicaid is a federal-state program that pays for medical services provided to eligible people by physicians, hospitals, or other healthcare providers. If you receive Supplemental Security Income (SSI), you are automatically eligible for Medicaid. SSI is a program that provides a monthly minimum income for people who are at least 65, or blind or disabled with limited income and resources. To find out if you qualify for SSI, call your nearest Social Security Office.

If you receive TANF help (formerly known as AFDC), you are also automatically eligible for Medicaid.

If you are not in either of these programs but your income is not high enough to pay for medical care, you may still be eligible for Medicaid.

There are two kinds of eligibility for Medicaid. You must be both financially and medically eligible to get help for care in a nursing home and for some kinds of care at home.

For more information, contact your Department of Human Services regional office.

MEDICARE HOME CARE

If you are 65 or older or under 65 and disabled and receive Social Security or Railroad Retirement benefits you are eligible to receive Medicare to help pay for certain medical expenses.

In general, if you are covered under Medicare you may be eligible for skilled nursing care (time limited), physical, speech, or occupational therapy, medical social services, medical supplies, and/or help with medical equipment. In order to qualify for Medicare home health, your doctor must have determined that you need medical care in your home. You must be homebound, or be able to leave your home only for short periods with considerable and taxing effort, and your home health agency must be approved by Medicare.

If you think that you may be eligible for help from Medicare, you may want to talk to your doctor to see if he/she agrees and will write a plan of care for you. You may also contact a home health agency for more information.

MEALS ON WHEELS/NUTRITION

There are over 100 locations in Maine where older people can enjoy a noon meal. Meals are also delivered in many areas of the state to homebound people. Both programs are available for anyone 60 or older. No fee is charged, but donations are encouraged. For more information, contact your local Area Agency on Aging (see pages 15-18).

NURSING HOME DENIAL / DISCHARGE

If you or a family member have been receiving rehabilitation in a nursing home, but are found not eligible to stay there, the Bureau of Elder and Adult Services has two programs that may help. “Extraordinary Circumstances” and “Awaiting Placement in Residential Care”, are programs that provide short-term payment to nursing homes for residents who need financial help to stay in the nursing home until they can go back home or find another place to live. For more information, call:

1-800-262-2232 or 1-888- 720-1925 (TTY).

PAYING PRIVATELY FOR SERVICES

You can purchase home care services with your own funds. Contact the agency near you that provides the services you are looking for, ask about costs, and see if it is possible to make arrangements that meet your needs. For each of the services listed in this booklet, you will find agencies in your county, or in the county nearest you.

To start with, you may want to check the community home care programs described briefly in the chart on pages 51 and 52 of this booklet to see if you qualify for any of them. Medicaid services require that applicants meet both financial and medical eligibility guidelines. Others are open to all adults who need help with certain daily activities, but require that people help cover the cost of their care by making a co-pay. Co-pay may be a fixed percent, or may be calculated on the basis of your income. If you are interested in finding out if you qualify for any of these programs, you may request a Long-Term Care Assessment by calling 1-800-609-7893.

Medicare is also available to cover the cost of certain home care services. See page 75 for more information about the requirements of that program.

PERSONAL CARE ASSISTANCE SERVICES

*Help in your home with bathing, dressing, cleaning,
laundry, shopping and errands*

NOTE: MANY AGENCIES SERVE MORE THAN ONE
COUNTY

Androscoggin County

Assisted Home Care II
550 College Street
Lewiston, ME 04240..... 1-800-784-9580
783-7375

Helping Hands
40 Airport Road
Waterville, ME 04240.....873-0011

Interim Assisted Care
10 Atlantic Place
South Portland, ME 04106.....775-6299

Aroostook County

Aroostook Area Agency on Aging
Eldercare Services
33 Davis Street, PO Box 1288
Presque Isle, ME 04769-1288..... 764-3396

County Home Care Agency
761 Main Street
Caribou, ME 04736.....492-1204

Marshall Home Care Services
102 Court Street
Machias, ME 04654.....255-4789

Cumberland County

Bergman Agency
288 Mere Point Road
Brunswick, ME 04011.....725-0070

Gloria's Helping Hands
1006 Forest Avenue
P.O. Box 10965
Portland, ME 04104.....797-3866

Home Instead Senior Care
31 Main Street
Gorham, ME 04083.....839-0441

Independent Home Care
14 Slocum Drive, P.O. Box 2244
South Portland, ME 04116.....741-9133

PERSONAL CARE ASSISTANCE (Cont.)

Inheca Services
149 Sandbar Road
P.O. Box 514
Windham, ME 04062.....892-2515

In-His Name Home Health
RR #2, Box 867
Bridgton, ME 04009.....647-8718

In-Home Senior Services, Inc.
980 Forest Avenue
Westbrook, ME 04908-1125..... 828-0202

Interim Assisted Care
10 Atlantic Place
South Portland, ME 04106..... 1-800-775-3366
775-6299

John Rand's Personal Care Agency
404 Edes Falls Road
Harrison, ME 04040.....538-2174

McDonnell Associates
138 Foreside Road
Cumberland Foreside, ME 04110 781-9074

Sullivan's Agency
416 West Elm Street
Yarmouth, ME 04096..... 847-9238

Hancock County

Blue Hill Memorial Hospital
Water Street, P.O. Box 156
Blue Hill, ME 04614.....374-2836

Coastal Home Health Care
25 Douglas Highway
P.O. Box 215
Ellsworth, ME 04605.....667-1506

Harvey Home Care PCA's
47 Central Street
HCR 78, Box 3
Bucksport, ME 04416.....469-2551

MDI & Ellsworth Housing Authorities
80 Mount Desert Street, PO Box 28
Bar Harbor, ME 04609288-4770

Kennebec County

Alpha One
424 Western Avenue
Augusta, ME 04330.....623-1115

PERSONAL CARE ASSISTANCE (Cont.)

Assistance Plus-PCA Services
1604 Benton Avenue
Benton, ME 04901.....453-4708

Child Care Alternatives/d/b/a Caring Angels
5 Burrill Street
Waterville, ME 04901 877-8336

Danny & Friends
RR 1 Box 835
Augusta, ME 04330 622-7437

Helping Hands
40 Airport Road
Waterville, ME 04901 873-0011

Home Resources of Maine, Inc.
211 Maine Avenue
Farmingdale, ME 04344.....582-8001

Maine-ly Elder Care
146 Hussey Hill Road
Oakland, ME 04963 465-3249

Maine Unlimited Caring
Rt.27, Box 531
Belgrade, ME 04917 495-8878

Personal Care Solutions
76 Main Street, Suite D
Waterville, ME 04901872-4970

Knox County

Comfort Care Home Service
45 Wadsworth Street, Door 21
Thomaston, ME 04861354-0153

Oxford County

Angel’s Care
RR#1, Box 5720, Ladd Road
Lee, ME 04455.....965-0044

Personal Care
Campground Road
P.O. Box 626
Oxford, ME 04270.....539-2531

Personal Touch Home Care, Inc.
6 Western Avenue, 2nd Floor Suite
P.O. Box 159
South Paris, ME 04289-0100742-2700

PERSONAL CARE ASSISTANCE (Cont.)

Tender Care Home Health
13 Mulberry Avenue
Norway, ME 04286.....743-2498

Penobscot County

ABC Services
P.O. Box 96
Stillwater, ME 04489.....827-5228

Always There ElderCare
Phillips Road, P.O. Box 50
Levant, ME 04456.....884-6311

At Home Care
64 Central Street
Millinocket, ME 04462723-6707

Area Home Care
RR 1 Box 4935, Arab Road
Lee, ME 04455738-4300

Care for You
438 Finson Road, SP. #13A
Bangor, ME 04401.....990-8942

Caring & Sharing
1953 Essex Street
Bangor, ME 04401941-2404

Homespun Care
205 Hanson Ridge Road
Springvale, ME 04083.....324-6149

Mary's Helping Hand
46 Robichaud Road
P.O. Box 95
Levant, ME 04456.....884-7074

New Hope Private Duty Division
1344 Main Road
P.O. Box 757
Holden, ME 04429.....843-7521

One Step.....Home Care Services
241 State Street
Bangor, ME 04401947-4417

PCA Services of Maine
PO Box 6305
Bangor, ME 04402-6305848-7252

PERSONAL CARE ASSISTANCE (Cont.)

Somerset County

The Farm
Route 148, P.O. Box 236
Madison, ME 04950.....696-5714

Waldo County

Oceanside Services
9 Beaver Street
Belfast, ME 04915.....338-6207

Savitz Associates
72 Broadway
Northport, ME 04849.....338-1492

Washington County

HomeMaker's Plus
124 South Street
Calais, ME 04619.....454-8436

York County

Care Senior Services
56 Ruel W. Sawyer Road
Buxton, ME 04093.....727-4091

Grassy Green Meadows Care Org., Inc.
251 Mary Jane Road
P.O. Box 467
West Buxton, ME 04093.....727-3838

Partners in Caregiving
4 Shaws Hill Drive
Biddeford, ME 04005.....283-1275

Senior Services Unlimited
24 Pearl St., P.O. Box 401
Saco, ME 04072282-074

Truslow Adult Day Center
333 Lincoln Street
Saco, ME 04072283-0166

PROPERTY TRANSFER

If you transferred or gave away anything of value, such as money, stocks, bonds or property, to anyone other than your spouse and did not get something of equal value in return, Medicaid may not help you with the cost of your nursing care bills. This rule also applies if your spouse transferred anything. For more information, contact your local Bureau of Family Independence (BFI) Department of Human Service office (see pages 19-20).

RELEASE OF INFORMATION

If you wish to receive help from an agency such as a home health agency, you will be asked to sign a “release of information” form. Signing this form means that you allow only those people, departments, or agencies listed on the form to look at your medical and other relevant records. Any person or agency listed on the form will keep this information confidential and only use it for such matters as reviewing your records to make sure, for example, that you are receiving appropriate services.

RESOURCE DIRECTORY FOR OLDER PEOPLE IN MAINE

This booklet contains information on all sorts of topics of interest to older people in Maine, such as employment and training, food stamps, residential and institutional care, tax preparation, and volunteer opportunities. It also contains the addresses and phone numbers of Maine’s five Area Agencies on Aging; Community Action Programs; Department of Human Services, Regional offices; Employment Service agencies, and transportation providers. It is published by the Bureau of Elder and Adult Services and is available free of charge by calling 1-800-262-2232, 207-287-9200 , (TTY) 1-888-720-1925. The Resource Directory is also available on the Internet!

Point to <http://www.state.me.us/dhs/beas>

SOCIAL SECURITY

The toll free number for all Social Security offices is 1-800-772-1213. For the number of your local Social Security office, look in your phone book under United States Government, Social Security Administration.

SUPPLEMENTAL SECURITY INCOME (SSI)

SSI guarantees a minimum monthly income to people who are at least 65 years old, or blind or disabled with limited income and resources. If you receive SSI, you are automatically eligible for Medicaid. To find out if you qualify, contact your nearest Social Security office.

SUPPORT GROUPS

Support groups can be very helpful. If you are caring for a family member or friend with Alzheimer's Disease or some other form of dementia, contact the Alzheimer's Association, Maine Chapter, at 1-800-660-2871. Your local Area Agency on Aging and local hospitals have information on other types of support groups.

TRANSPORTATION PROVIDERS

Buses, vans, or individual drivers can help you get to doctor's offices, clinics, and pharmacies in most parts of the state. Check with your local Area Agency on Aging or see the list of transportation providers in the Resource Directory for Older People.

TTY (Teletypewriter Device for the Deaf)

TTY is a teletypewriter device that permits people who are deaf, hard of hearing, or speech impaired to communicate over telephone lines with other TTY users. To send and receive typewritten messages, the user places the telephone receiver into the special device on the TTY.

WEATHERIZATION AND HOME REPAIR

Minor home repair to things like doors, steps, and windows is available through some Area Agencies on Aging and Community Action Programs. You are usually responsible for the cost of supplies.

Money is available to people with low incomes for weatherization projects such as furnace repair, caulking windows, and insulation. Contact your local Community Action Agency.

NON-DISCRIMINATION NOTICE

In accordance with Title VI of the Civil Rights Act of 1964 (42 U.S.C. § 1981, 2000d et seq.) Section 504 of the Rehabilitation Act of 1973, as amended (29 U.S.C. § 794), the Age Discrimination Act of 1975, as amended (42 U.S.C. § 6101 et seq.), Title II of the Americans with Disabilities Act of 1990 (42 U.S.C. § 12131 et seq.), and Title IX of the Education Amendments of 1972, (34 C.F.R. Parts 100, 104, 106 and 110), the Maine Department of Human Services does not discriminate on the basis of sex, race, color, national origin, disability or age in admission or access to, or treatment or employment in its programs and activities.

Kim Pierce, Civil Rights Compliance Coordinator, has been designated to coordinate our efforts to comply with the U.S. Department of Health and Human Services regulations (45 C.F.R. Parts 80, 84, and 91), the Department of Justice regulations (28 C.F.R. part 35), and the U.S. Department of Education regulations (34 C.F.R. Part 106) implementing these Federal laws. Inquiries concerning the application of these regulations and our grievance procedures for resolutions of complaints alleging discrimination may be referred to Kim Pierce at 221 State Street, Augusta, ME 04333, Telephone number: (207) 287-3488 (Voice) or 207-287-4479 (TTY), or the Assistant Secretary of the Office of Civil Rights of the applicable department (e.g. the Department of Education), Washington, D.C.

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